

MILWAUKEE COUNTY SENIOR DINING

FRANKLIN
9229 W. LOOMIS ROAD

(414)427-7696

11:00 FOR IN-PERSON DINING

APRIL



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| HEALTHIER DESSERT Suggested Contribution \$3.00 60+ find us on facebook | ELECTION DAY 1 Site Closures Possible Salisbury Steak & Gravy Mashed Potatoes Creamed Spinach Golden Wheat Bread Chilled Apricots | 2 Chef's Salad <i>Ham, Turkey, Cheese</i> <i>Hard Boiled Egg, Dressing</i> Multi-Grain Roll Orange Jello Fresh Fruit | 3 Turkey Burger Multi-Grain Bun w/Lettuce & Tomato Waffle Fries Chef's Vegetables Applesauce | 4 Cheese Manicotti Marinara Sauce Italian Beans Vienna Bread Grape Juice Melon Cup |
| Beef & Broccoli 7 Brown Rice Warm Cinnamon Apples Dinner Roll Nutri-Grain Bar | Polish Sausage on Bun 8 Warm Potato Salad Baked Beans Creamy Cucumber Salad Red Delicious Apple | Chicken Caesar Salad 9 <i>Chicken, Romaine, Croutons</i> <i>Tomato, Parmesan, Dressing</i> French Bread Fruited Yogurt Banana | Spaghetti & Marinara 10 Meat Sauce Steamed Vegetables Garlic Bread Spring Salad Orange or Tangerine | Egg Salad/Wheat Bun 11 Carrot Raisin Salad 3-Bean Salad String Cheese Peach Cobbler Chilled Peaches |
| Philly Chicken & Swiss 14 on Whole Grain Bun Dilly Potatoes Normandy Vegetables Apple Juice Tropical Fruit Cocktail | Hungarian Goulash 15 Buttered Egg Noodles Pickled Beets Marble Rye Bread Pea & Cheese Salad Bartlett Pear | Roast Beef 16 Gravy Mashed Potatoes Carrot Coins 7-Grain Bread Grapes | White Chicken Chili 17 Cilantro Rice Mexi-Corn Cornbread Snickerdoodle Cookie Fruit | CLOSED 18 FRIDAY BEFORE EASTER |
| Glazed Ham 21 Macaroni & Cheese Country Vegetables Marinated Carrot Salad Banana Bread/Muffin | Roast Turkey 22 Gravy Wild Rice Roasted Cauliflower Dinner Roll Cranberry Fluff | Chicken Parmesan 23 Penne & Sauce Green Beans Italian Bread Lemon Cream Pie Fruit | Peachy Pork Roast 24 Baby Baker Potatoes Braised Cabbage Sourdough Bread Fruit Cocktail | Meatballs 25 Gravy Garlic Mashed Potatoes Peas & Pearl Onions Whole Grain Dinner Roll Granola Bar |
| Taco-Stuffed Potato 28 w/Shredded Cheddar Grape Tomatoes Tortilla Chips & Salsa Oatmeal Raisin Cookie Raisins | Oven-Fried Chicken 29 Rice & Gravy Southwest Vegetables Breadstick Pineapple Tidbits | Filet-of-Fish 30 Sesame Bun American Fried Potatoes Buttered Sweet Corn Rainbow Slaw Clementine | RESERVATIONS REQUIRED PLEASE CALL 414-427-7696 | |

Feeling Lonely or Socially Isolated?



Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- ☐ Live alone
- ☐ Can't leave home
- ☐ Are a caregiver
- ☐ Have trouble hearing
- ☐ Had a major loss or life change, such as the death of a partner
- ☐ Live in a rural and/or unsafe neighborhood
- ☐ Feel a lack of purpose

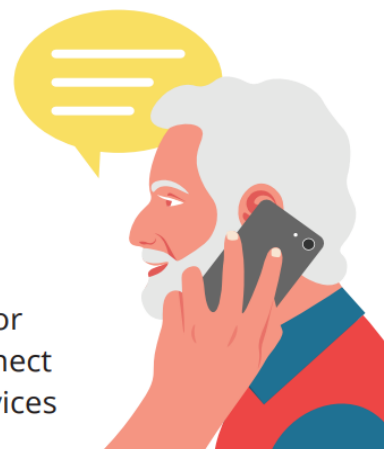
Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

- ☒ Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- ☒ Restart an old hobby.
- ☒ Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- ☒ Volunteer to help others in your community.
- ☒ Adopt a pet if you are able to care for them.

For More Information

Find tips and resources at www.nia.nih.gov/CommitToConnect, or call the Eldercare Locator at **800-677-1116** to connect with resources and services in your community.



If you are feeling lonely or isolated, talk with your doctor about your concerns.